



CALL 1-800-QUIT-NOW  
(1-800-784-8669)

FOR PERSONALIZED, MOTIVATIONAL AND  
SUPPORTIVE SESSIONS WITH A QUIT COACH.®

## HELPFUL WAYS TO GET STARTED.

### List your reasons for quitting.

Place the list where you can see it often.

### Set a day to quit.

Mark that day on your calendar.

### Reward yourself.

You'll save a lot of money by not buying cigarettes. Decide how you will treat yourself with the extra money after you quit.

### Ask for help.

Talk to your doctor, ask for help from friends and family, or call the Arkansas Tobacco Quitline.

People who call the Quitline are at least twice as likely to kick the habit.

It's never too late to quit, even if you've smoked for a long time.

Give your baby a safe place to grow strong and healthy. And give yourself every opportunity to enjoy a long, healthy life with your child.

You'll never have a more important reason to quit.



EVERYONE NEEDS A  
REASON TO QUIT SMOKING.



## YOURS IS GROWING BIGGER EVERY DAY.

Everyone needs a good reason to quit smoking. With your commitment to quit, you'll help your baby continue to grow to a healthy weight.

Quitting smoking can benefit both you and your child.

Benefits to your baby:

- Reduced chance of Sudden Infant Death Syndrome (SIDS)
- Lower risk of pre-term labor and low birth weight
- Reduced risk of congenital heart disease
- Fewer ear infections, coughs and colds
- Reduced risk of allergies, asthma or other lung problems

Benefits to you:

- Have more energy
- Save money to spend on other things
- Clothes, hair and home smell better
- Food will taste better
- Live a longer, healthier life with your child



## HOW TO PREPARE YOUR HOME FOR YOUR NEW BABY.



Baby-proof your home with a few simple changes. You'll not only create a safe, clean environment for your baby, but you'll reduce temptation for yourself:

- Remove all tobacco products
- Remove ashtrays
- Wash any fabrics your baby could come in contact with



## HOW DOES THE QUITLINE WORK?

Smoking habits are developed over time, and it will take you some time to quit. That's why we'll connect you with your own personal QuitCoach® who will help you through every stage of quitting.

Every Arkansas Tobacco Quitline QuitCoach® provides pregnant women 10 free one-on-one phone sessions that will help you reach your goal and protect your baby.

- Set your own quit date, preferably before you give birth
- Receive five to six QuitCoach® phone sessions within your first 90 days
- Have one phone session 30 days before your due date
- Receive two phone sessions after your baby is born